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# Halifax metro



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Your essential daily news | MONDAY, APRIL 10, 2017

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## CLUE IN

Halifax theatre group combines mystery, technology in unique library performance Archive of Missing Things  
**metroNEWS**



PATRICK FULGENCIO/FOR METRO

## Cabbie attacked

**ROBBED AT KNIFEPOINT**

And it happens more often than you think, says advocate



**Julianne Steeves**  
For Metro | Halifax

Taxi drivers are threatened or attacked in Halifax more often than most people realize, one advocate said after a driver was assaulted over the weekend.

"It's not always reported to police, there's not always a lot of coverage, but I say once a month, somebody's going to get roughed up a little," Dave Buffett, president of the Halifax Taxi Drivers Owners Association, said Sunday.

When your job is driving around strangers, being attacked is an inherent risk, he said.

"There's no avoiding it," said Buffett. "I know from time to

time someone's going to attack me, I think we all know that, and anyone who drives nights certainly expects it. It's just a question of when."

Just after 5 a.m. Saturday, Halifax Regional Police said a 49-year-old driver was attacked near the corner of Primrose Street and Victoria Road in Dartmouth by four male passengers he'd picked up in Halifax. Police said the suspects are described as three white males and one black male, all about 17-18 years old.

One of the teens attacked the driver with a knife and then they all began to physically assault him, police said, before they fled with some personal effects and money.

Buffett said drivers for companies like Casino Taxi and Yellow Cab have panic buttons in case of dangerous situations, where if a driver presses it "the dispatchers will send a message that a driver is in trouble at this location and the drivers hurry in to help," said Buffett.



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## Vimy through a Halifax lens

Local photographer Mike Dembeck trained his camera on the 100th anniversary ceremony at Vimy Ridge on Sunday — and the Last Post ceremony at the Menin Gate in the West Flanders region of Belgium earlier in the weekend — to capture lasting memories of the historic centennial celebrations. **METRO**



**1** Canadian soldiers march past a hillside of army boots placed to honour the soldiers lost in the Battle of Vimy Ridge in Vimy, France.

**2** An Indigenous dancer performs during the ceremony commemorating Canada's role in the Battle of Vimy Ridge.

**3** Dancers hold giant poppies during a performance as part of the ceremony on Sunday.

PHOTOS MIKE DEMBECK/FOR METRO



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# Driving towards lower limits

## ROAD SAFETY

**Committee's proposal would chop 10 km/h off speed ranges**



**Zane Woodford**  
Metro | Halifax

Forty could soon be the new 50 after a debate at Halifax regional council this week.

Council will debate a motion Tuesday from its transportation committee recommending it ask the province to lower minimum speed limits in Halifax Regional Municipality's residential areas to 40 km/h from the current minimum of 50 km/h.

"What we've heard from many residents is that they believe — and a number of councillors agree with it — that the speed limits on a cul-de-sac, on a residential side street ... probably shouldn't be the same speed limit as a main thoroughfare," Coun. Tim Outhit said in an interview.

Outhit argues other cities across Canada have made the change on select streets, and he thinks Halifax is lagging behind in making streets safer for residents.

But according to the staff report coming to council on Tuesday, there is little evidence, at least in this province, that reducing the speed limit actually reduces average speeds.

Studies in 2003 and 2013 found no evidence that lower speed limits actually resulted in lower speeds, and the 2013 study recommended education about the dangers of high speeds, rather than lower speed limits.

"Improperly set speed limits, particularly those that are



Many cities in Canada have made the change to lower speed limits on select streets — such as this residential Ontario street with a 40 km/h speed limit.

BARRY GRAY/THE HAMILTON SPECTATOR

set too low, produce an environment where users feel more secure, when they, in actuality, are no safer than previous," the staff report says of the study's findings.

"Therefore, education of elected officials and the general public on the differences between safety and security and the need for reasoned application of speed controls guided by engineering analysis is critical to increasing the safety of all road users."

But to Outhit it comes down

to "common sense."

"Perhaps part of it is feel-good," he said. "But I think actually it gives the traffic authority the tools to use some common sense here, and say, 'Should a cul-de-sac be the same speed as Connaught Avenue?'"

Outhit said a large part of the problem with 50 km/h speed limits is that drivers can get away with travelling at 60 or 65 km/h before getting a speeding ticket, based on leniency in the court system,

"and what people are saying is that's too fast for conditions on residential streets."

"So now if the courts are still giving a 10-kilometre leeway, then at least it'll be down to a reasonable speed," he said, referring to the proposed 40 km/h limit.

The staff report says the provincial government wants an engineering study along with any request to lower the residential speed limit, but Outhit thinks it's ready to say yes.

"I think that there's been a lot of discussion, a lot of studying done, and I think the province is just waiting for the official ask," he said.

## Residential tax hike also on the agenda

Also coming to council on Tuesday: Halifax's 2017 budget. Regional council will debate the municipality's proposed 2017 budget on Tuesday, including a 1.8 per cent residential tax hike for Haligonians.

Municipal staff will present to council the proposed operating and capital budgets.

The proposed operating budget is \$894.3 million, including police, fire and transit services, along with the rest of the municipal departments.

The proposed capital budget for the coming year is \$187.2 million.

That includes \$14.65 million for renovations to the Dartmouth Sportsplex, \$7.7 million for the Dartmouth multi-pad, \$10.6 for new ferries and more.

The 1.8 per cent residential tax increase over last year's budget means the average household in the municipality will be paying \$33 more in taxes this year.



**Should a cul-de-sac be the same speed as Connaught Avenue?**

Coun. Tim Outhit



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# Theatrical acts lurk in the stacks

## CULTURE

## Entire library is a stage in Zuppa Theatre's new production



**Julianne Steeves**  
For Metro | Halifax

You're in a library and a passer-by drops a book. Is it just a person dropping a book, or is it an actor giving you a clue?

Halifax's Zuppa Theatre Co. is calling on anyone who fancies themselves an amateur detective to their immersive play *The Archive of Missing Things* at the Stages Festival in Halifax this May, made in partnership with Dalhousie Libraries.

"The things that are happening around you give you clues, if you're observant, that will help you get through the maze online," says the show's director, Alex McLean.

The show — part play, part Choose-Your-Own-Adventure book, part online scavenger hunt — is gaining attention through Kickstarter. The crowdfunding campaign launched last week, and they're getting close to their \$4,500 goal.

McLean believes the intrigue will reach people beyond the usual theatregoers to others who just want to support a unique project.

"We think this is a show that isn't just for theatre people — it's a game. It's kind of a weird, strange thing that is happening in a library," says McLean.

When audience members arrive to Dalhousie's Killam Library for the show, they will get an iPad and a wireless headset. Then they take a seat and their immersive theatre experience begins.

A child narrator explains their goal through the head-



Susan Leblanc, Ned Zimmerman (holding one of the iPads) and Alex McLean in the *Archive of Missing Things* at the Killam Library Friday. PATRICK FULGENCIO / FOR METRO

**“This is a show that isn't just for theatre people — it's a game. It's kind of a weird, strange thing that is happening in a library. Alex McLean**

set: to get to the Heart of the Archive using clues from the *Archive of Missing Things*, a website created by the theatre company, and clues from undercover live actors in the library. The threads you follow, informed by the clues you pick up, determine if you reach the elusive Heart of the Archive.

"We sort of think of it as though the *Archive of Missing Things* were a physical space that was digitized at some point," says Ned Zimmerman, the project's web designer.

He worked with playwright Kate Cayley to turn the collection of stories she wrote about the missing items (like a set of

keys or a child's book) into narrative threads audience members can follow on the iPad.

"(It) basically lets you navigate through these little chapters and subsections of each story in ways that branch off from each other and sometimes reconnect," says Zimmerman.

Not everyone will reach the

centre of the Archive's maze, says McLean, but "hopefully the experience of looking will be fun and interesting in and of itself."

Zuppa Theatre is hoping to fundraise more than their current goal, which is enough to cover about half of their wireless headsets. Additional money raised will go to more iPads and headsets that can be used future shows in other libraries, and the costs of website design and rehearsals.

## TAKE PART

### Where and when

The play previews in the Killam Library on May 15, and runs at various times from May 16 to 27. More at [zuppatheatre.com](http://zuppatheatre.com)

After the Stages Festival in May, they've got an offer to perform at the Agatha Christie Festival in Torquay, England this fall.

## Notice of Annual Meeting

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# Getting ball rolling on bigger goal

SPORTS

## Volunteer is committed to game designed for the blind



**Yvette d'Entremont**  
Metro | Halifax

Ask Linda MacRae Triff about working with Blind Sports Nova Scotia and its athletes and her face lights up with enthusiasm.

As the volunteer head goalball coach for the organization's men's, women's, junior boys, junior girls, youth and its mixed rec teams, MacRae Triff devotes many hours each week to her passion. She was nominated by Peter Parsons, chairman of the Blind Sports Nova Scotia board.

This is in addition to volunteering on the board, fundraising, and organizing and attending tournaments with her teams throughout Canada and the U.S.

"My boys, now grown, participated in a lot of sports over the years. They were able to compete at various levels, make friends, and travel," MacRae Triff said.

"I feel that this is an opportunity that should be available to everyone, no matter what.

"Seeing these adults and youths enjoying activities that other people take for granted is very rewarding. Both my boys have helped with blind sports since they were very young. They have no doubts about the abilities of people with a visual impairment. It would be great if the rest of the world realized it."



Linda MacRae Triff organizes and attends tournaments with her teams throughout Canada and the U.S. PATRICK FULGENCIO/FOR METRO

ized it."

MacRae Triff, who possesses a degree in physical education, first learned about goalball in 1977 when she lived and volunteered in New Brunswick.

"It's fast-paced, and sighted people can join in the game. I play it," she said.

"We are always trying to get people to let us play basketball, to let us adapt

it so we can play. This is a game that we play and you can join us. We just put a



Seeing these adults and youths enjoying activities that other people take for granted is very rewarding. Linda MacRae Triff

blindfold on you."

Described as a "fast-paced and fun team sport" designed for but not exclusive to blind and visually impaired athletes, goalball is played internationally and is an official Paralympic Games sport.

Participants all wear eyeshades and compete in teams,

## + NOMINATE

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

trying to throw a ball into the opponents' goal. The ball has bells inside of it so participants can hear the ball's approach.

"Many blind people haven't experienced a team sport, especially if they are totally blind," MacRae Triff said.

"To see them enjoy the socialization, the improvement, to see these kids who've never played before come together as a team and learn things, that's just awesome."

This past weekend, MacRae Triff was in Brantford, Ont., with girls and boys teams for junior nationals. The weekend of April 21-23, she'll accompany the Nova Scotia men's and women's teams to senior goalball nationals in Vancouver.

The senior men's team are defending national champions.

MacRae Triff said she was reluctant to take any credit for her volunteerism.

"It's a totally volunteer organization and there are so many people helping, and I'm just one," she said.

"All I have done is to help the organization to grow. Peter Parsons is another individual who puts a lot of effort and enthusiasm into our programs."



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# Garnier has bail upheld, but remains in custody

COURT

## Judge: No proof murder suspect breached house arrest deal



**Zane Woodford**  
Metro | Halifax

Christopher Garnier had his bail upheld in a court order on Friday, but he will remain in custody at least until another court hearing later this month.

Following a two-day bail revocation hearing in Nova Scotia Supreme Court earlier this week, Justice Peter Rosinski wrote in an order on Friday that the Crown did not prove that Garnier had breached his bail conditions under section 524 of the Criminal Code.

Garnier was granted bail

and put under 24-hour house arrest in December with several strict conditions. He was re-arrested on Feb. 19 after he allegedly breached his conditions during a police compliance check.

Police said they made numerous unsuccessful attempts to contact him on Feb. 17 and 18 at the two locations he was allowed to reside — one in Bedford and the other in Millville, outside of Sydney.

Garnier still faces a charge of being at large without an excuse, which is to be dealt with in Halifax provincial court on April 20.

Until then, he'll remain in custody, remanded on that charge.

Garnier is facing charges of second-degree murder and interfering with a dead body in the death of 36-year-old Truro police officer Catherine Campbell. His trial is set for November.



**Christopher Garnier**, charged with second-degree murder in the death of Const. Catherine Campbell, an off-duty police officer, is escorted from provincial court in Halifax in September 2015. ANDREW VAUGHAN/THE CANADIAN PRESS

COURT

## Attempted cat theft charge for Truro man

A Truro man will appear in court May 3 to face a charge of attempting to steal a cat.

Stephen Gregory Tynes, 32, was charged Wednesday after Truro Police Service responded to a report of someone trying to take a cat from an Exhibition Street property.

Tynes is also charged with breach of probation stemming from weapons-related charges. Last October he received a conditional discharge and a year's probation after pleading guilty to having an overcapacity ammunition magazine.

That charge resulted from an arrest in August 2015 after the former Dalhousie University student's psychiatrist informed police she felt people at Dalhousie were in danger of being killed.

Tynes was also charged with animal cruelty in 2014 after witnesses told police they saw a man coax a cat off a doorstep in Truro on July 12, who then picked it up and slammed it into the ground. TC MEDIA

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# Why youth love Canada

Canada 150 Art

**Hundreds of young people will celebrate through art**



**Gilbert Ngabo**  
Metro | Toronto

Ask kids why they love Canada and the answers may surprise you.

From polar bears and the Great Lakes to Justin Trudeau and the women's national soccer team, young people from across the country are voicing their views about what Canada means for them. And they're being creative about it.

It's all part of 150+ Reasons We Love Canada, a project that's engaging Canadian youth aged 10-29 to celebrate the country's 150th anniversary through beautiful art. Run by the non-profit VIBE Arts, the initiative has reached out to over 500 young people from under-resourced communities



VIBE Arts executive director Julie Frost is leading a mural project where kids explain why they love Canada. LIZ BEDDALL/METRO

in all provinces and territories. The hand-painted murals will be unveiled to the general public ahead of July 1.

"Many of these young people don't have an opportunity to express their views about national issues," said VIBE Arts executive director Julie Frost. "We thought it was very im-

portant to give them this kind of platform where they're free to show their artistic talents and say something about the country."

As part of the project, the artistic charity teamed up with professional artists to run workshops in schools, shelters, public libraries and community cen-

tres in every province. Murals painted by the young people will be displayed for two months in Toronto subway stations and 20 airports across the country, including Pearson International. They'll also be digitized and showcased at different venues all over the country.

Frost said some themes from

the project are centred around geography (the Northern Lights, ravines and Maple Leafs), as well as famous and influential people (Justin Trudeau, Drake and athletes). But many submissions also touch on issues of peace, freedom and diversity.

"It really helps build healthy relationships," said Frost.

## INDIGENOUS AFFAIRS

### Pregnant women will have an escort

Health Minister Jane Philpott says Ottawa will now pay for someone to travel with Indigenous women who need to leave their communities to give birth — a change to what she called an "extremely unhelpful" policy.

In an interview with The Canadian Press, Philpott said she heard a "cry loud and clear" from indigenous health experts who were urging the federal government to allow pregnant aboriginal women to leave home with an escort.

"It is a major policy change for us," Philpott said. "It requires significant resources in order to be able to do that, but it is absolutely a wise investment."

Health Canada said Sunday that it's difficult to provide a cost estimate but it estimates \$22-million will be spent on the measure in the 2017-2018 budget year.

Indigenous women without proof of a medical need to have someone escort them have long been forced to have their children alone and far from their land, language and heritage, the minister said. THE CANADIAN PRESS

## Feds aim to lower immigration detention

The federal government is "exploring potential policy changes" to reduce the length of immigration detention and get non-violent migrants out of maximum-security jails, according to a new report.

Canada Border Services Agency's "New National Immigration Detention Framework," released late Friday, is not a concrete plan as much as it is a general set of intentions. But, if implemented, it would signal a substantial shift in how Canada treats its unwanted immigrants.

Based on a series of stakeholder consultations conducted last fall in response to mounting

public pressure, the report from Canada's border police agency says it wants to "better align" itself with international and domestic standards for immigration detention by reducing the use of maximum-security jails, expanding alternatives to detention and "drastically" shrinking the number of children in detention.

Canada's border police can detain immigrants who have been found inadmissible to the country if they believe they are a danger to the public, will not show up for their deportation, or if their identity is in doubt. The average detention last year was 23 days. TORSTAR NEWS SERVICE

### BY THE NUMBERS

**45 days-18 months**

Europe's maximum length of detention for immigrants

**60 days**

Mexico's maximum length of detention for immigrants

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## SWEDEN

**Country questions welcoming policies**

Swedes questioned their country's welcoming immigration policies with pride and pain on Sunday after learning that an asylum-seeker from Uzbekistan was allegedly behind the truck rampage that killed four people.

The Swedish capital was slowly regaining its normal rhythm as details about the suspect emerged. Police said he had been ordered to leave Sweden in December because his request for a residence permit was rejected. He allegedly went underground, eluding authorities' attempts to track down and deport him until a hijacked beer truck rammed into a department store on Friday. THE ASSOCIATED PRESS

## SYRIA

**Russia and Iran affirm commitment to Assad's government**

Russia and Iran renewed their support for the Syrian government in a flurry of calls on Sunday, saying last week's U.S. missile strike violated Syrian sovereignty but failed to boost the morale of "terror groups" in Syria.

Iranian President Hassan Rouhani called the strike on Friday a "blatant violation" of Syrian sovereignty. Syrian state media reported. Assad accused the U.S. of trying to boost the morale of "terror groups." The government refers to all those fighting against it as terrorists. A statement carried on the military media arm of Hezbollah condemned the strike in stronger language, saying it had "crossed red lines" and vowing to "reply with force" to any future aggression "in a variety of ways."

THE ASSOCIATED PRESS

# Suicide bombers kill dozens at church services in Egypt

## TERRORISM

## Government seeks to install 3-month state of emergency

Suicide bombers struck hours apart at two Coptic churches in northern Egypt, killing 44 people and turning Palm Sunday services into scenes of horror and outrage at the government that led the president to call for a three-month state of emergency.

Daesh claimed responsibility for the violence, adding to fears that extremists are shifting their focus to civilians, especially

Egypt's Christian minority.

The attacks in the northern cities of Tanta and Alexandria that also left 126 people wounded came at the start of Holy Week leading up to Easter, just weeks before Pope Francis is due to visit.

Pope Tawadros II, the leader of the Coptic church who will meet with Francis on April 28-29, was in the Alexandria cathedral at the time of the bombing but was unhurt, the Interior Ministry said.

It was the single deadliest day for Christians in decades and the worst since a bombing at a Cairo church in December killed 30 people.

Late Sunday night, President Abdel-Fattah el-Sissi called for a three-month state of emergency.



All I could think of was to find my wife, and all I could see was smoke, blood and completely charred bodies.

Magdy George Youssef, a deacon at St. George's

According to Egypt's constitution, parliament must vote in favour of such a declaration — a certainty since it is packed with supporters of the president. It cannot exceed six months without a referendum to extend it.

The president also dispatched elite troops across the country to protect key installations and accused unidentified countries of fueling instability.

The attacks highlighted the

difficulties facing el-Sissi's government in protecting Christians, who make up about 10 per cent of Egypt's population.

"Where is the government?" screamed an angry Maged Saleh, who rushed to the church in the Nile Delta city of Tanta where his mother escaped the carnage.

The first bomb exploded inside St. George's Church in Tanta, killing at least 27 people and wounding 78, officials said,

overturning pews, shattering windows and staining the white-washed walls with blood.

A few hours later, a suicide bomber rushed toward St. Mark's Cathedral in the coastal city of Alexandria, the historic seat of Christendom in Egypt, killing at least 17 people and wounding 48.

Pope Tawadros II had held Palm Sunday services at the cathedral and the timing of the attack indicated the bomber had sought to assassinate him.

Pope Francis marked Palm Sunday in St. Peter's Square by expressing "deep condolences to my brother, Pope Tawadros II, the Coptic church and all of the dear Egyptian nation."

THE ASSOCIATED PRESS



Blood stains pews inside the St. George's Church after a suicide bombing, in the Nile Delta town of Tanta, Egypt, Sunday. Bombs exploded at two Coptic churches in the northern Egyptian cities of Tanta and Alexandria as worshippers were celebrating Palm Sunday, killing over 40 people and wounding scores more in assaults claimed by Daesh.

NARIMAN EL-MOFTY/  
THE ASSOCIATED PRESS

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## Claims that test limits

For some, income tax season is an opportunity to think outside the box and test the limits of what can be claimed. Some of the more daring tax claims Canadians have made:

■ Tax lawyer Paul DioGuardi once successfully defended a man who claimed a portion of the cost of his Rolls-Royce Silver Cloud as a business expense. He used it as a personal vehicle and as a delivery car for his clients.

■ Lisa Gittens, a tax professional with H&R Block, says a woman last year tried to claim her cat as a dependent and bringing in all her receipts for food and vet bills. If your pet is working for you, you may be able to claim their costs. A farmer was once allowed to claim cat and dog food because they were outdoor pets acquired to keep wildlife away.

■ Tax lawyer Paul DioGuardi's firm successfully defended a client's right to claim a \$5,000 Brioni suit that he only wore when he did media appearances, advertisements and television commercials. In this case it was part of the client's persona, DioGuardi said.

THE CANADIAN PRESS

# Deadline to file taxes creeping up

ADVICE

## Experts give some tips for tardy tax filers

More than a quarter of Canadians — 28 per cent — find the tax-filing process stressful, confusing and even intimidating, according to a TD survey.

But don't sweat it, says Tarsem Basraon, senior manager, wealth advisory services at TD Wealth Management. With the deadline just three weeks away, it's time to buckle down.

This year, you technically have an extra day because April 30 falls on a Sunday, so your return will be considered filed on time if it is postmarked on or before May 1, 2017.

Here are Basraon's last-minute tips for tax filers:

### File on time

While late penalties are only applicable if you file past the deadline and owe money, it is strongly recommended you file on time — even if you think



New this year: Let the Canada Revenue Agency know if you sold your home. ISTOCK

you'll be getting money back — in case anything arises.

### Forgotten claims

Do your research to determine what expenses you can claim. Many of the following are overlooked: charitable donations, child-care expenses, disability credits, medical expenses, travel medical insurance and moving expenses.

### New for the 2016 tax year

Tax rules often change from

year to year, so keep up to date. For the 2016 tax year, there are several new rules. You now need to report the sale of a principal residence; the income-splitting family tax cut has been eliminated; and there are lower federal tax rates on income between \$45,282 and \$90,563 (from 22 per cent to 20.5 per cent). For a full list of changes, visit the CRA website.

TORSTAR NEWS SERVICE

## 150 WAYS of looking at Canada

POSTCARD NO. 68

### THE PRAIRIES AND MOUNTAINS



I GREW UP JUST OUTSIDE OF CALGARY, WITH A BREATHTAKING VIEW OF WHERE THE PRAIRIES MEET THE ROCKY MOUNTAINS. IT TOOK MOVING TO ANOTHER PROVINCE FOR A NUMBER OF YEARS TO REALLY APPRECIATE THE BEAUTY THAT SURROUNDED ME FOR SO LONG. **SIDNEY STARKMAN**



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## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION Can I confront my ghoster to demand an explanation?

Dear Ellen,  
I met a woman online, we met for coffee and connected right away. We had some great dates and started making some serious plans to spend more time together. Then, after a few weeks, she cancelled by email at the last minute, and completely disappeared. She's not on the dating site anymore, or she has blocked me. Now I'm wondering whether to contact her. Women complain about being ghosted all the time, but obviously they do it too. I think I deserve an explanation. Advice?  
Rick

Dear Rick,  
Yes, you deserve some kind of explanation. No, you should most definitely not contact her, for the following reasons: a) she cancelled dinner, then cancelled you on the dating site, so it's not like she's lying in a ditch somewhere and needs your help; b) tracking her down and contacting her after she's ghosted you puts you firmly in stalker territory, which is not where any polite, or sane, person wants to go.

Also, while it's true that women complain about being ghosted, and then turn around and do it themselves, that fact is completely irrelevant. The female of the species can be just as rude, heartless and cruel as any other member

**What she, or any one of us, must do is at least send a polite note.**

of the human race, but their bad behaviour is no excuse for relaxing one's own personal standards.

I'm not saying she owed you an excessively detailed explanation. Whether she had a personal crisis, or a horrifying medical diagnosis, or an inconvenient acne breakout, or she just found another guy she liked better, she is under no obligation to tell you about any of it.

But what she, or any one of us, must do is at least

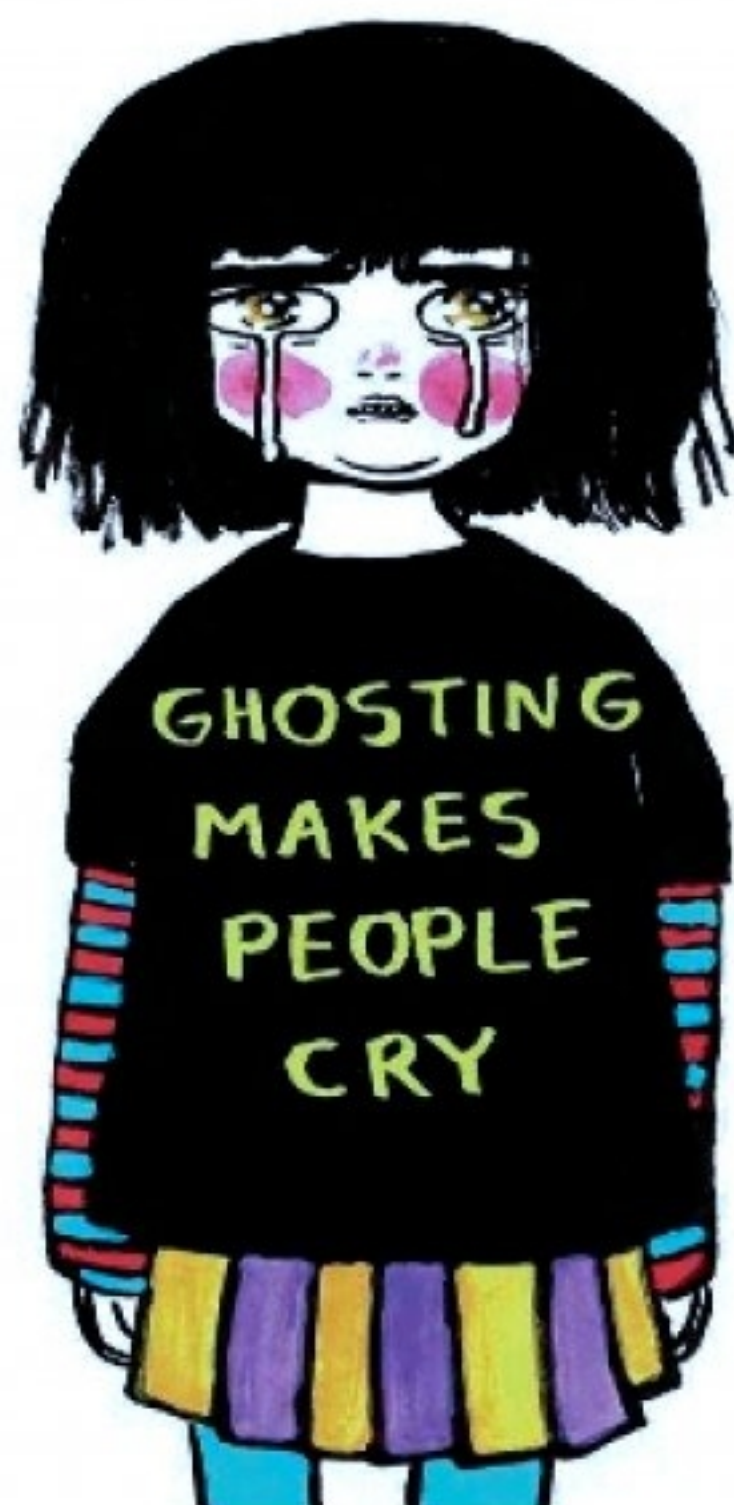
send a polite note. Nobody wants to hear "Hey, it was great to meet you and spend time with you, but I don't think this is quite right for me." But at least you'll have clarity.

The right thing for you to do here is swallow your pride, and believe that time will heal your hurt feelings.

If it's any consolation, and assuming you behaved like a gentleman throughout your brief relationship, you can also be assured that she's not good enough for you

anyway.

The ghoster, male or female, is a lazy moral coward who'd rather take the easy way out than extend another person the common decency of a formal farewell. They don't have the first inkling about what makes a good relationship. Good riddance, I say, and so should you.



Ani Castillo

## VICKY MOCHAMA

### He's made calls, now Trudeau needs to put in work on feminism

Justin Trudeau's feminism needs to be more specific.

Feminism, especially intersectional feminism, is a big chaotic tent. The diversity of speakers and issues at the Women's March alone were proof of that. Feminists are concerned about everything from equal pay to environmental issues to Indigenous rights.

So what exactly is the prime minister talking about when he claims to be a feminist?

At the recent Women in the World Summit, an annual conference of activists, politicians, business leaders and artists, Justin Trudeau rolled out his greatest feminist hits featuring a light Lean In seminar. He was interviewed by former New Yorker editor-in-chief and conference creator Tina Brown in front of a crowd at Lincoln Centre, reports Maclean's.

It was a master class in deflection. Asked about rising populism, he responded with a call for more women in leadership. Asked about being seen as an "elite wonder boy," he responded that he was proud of being his mother's son. Asked about his relationship with Ivanka Trump, he didn't even mention her name in his answer.

Trudeau is a master of evasion, but the New York City crowd evidently loved it.

At home, however, I can't help but roll my eyes. It's easy to be a feminist on New York City's streets, but here in Canada, I am going to need to see some receipts.

Women in Canada are still waiting for something resembling a comprehensive childcare strategy.

Women bear the brunt of the financial costs for childcare; this keeps them out of careers and in poverty. Indigenous children are still waiting for Ottawa to fulfil the order by the Canadian Human Rights Tribunal to reform child welfare.

The recently announced budget did not increase international aid at a time when the United States has reinstated the global gag rule on abortion and ended funding for the United Nations Population Fund.

The prime minister has done some positive work. He has lifted the two per cent funding cap on First Nations. Canada has joined others to fill the gap left by Trump's cuts with a \$20 million funding pledge for global reproductive health, including contraceptives and post-abortion care. After years of non-response, the government has convened the Missing and Murdered Indigenous Women inquiry. And the Liberals have sought to add a gender analysis, albeit an imprecise one, to policy decisions.

But many of Prime Minister Trudeau's policy changes leave a lot to be desired. Feminism is not a matter of branding. It requires work and accountability. Vague answers and Lean In-style calls for women to step up do a disservice to Canadian women who need their prime minister to do more.

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## Vegetarianism is not always ethical

### FOOD

### Giving up meat won't save the planet — or your soul

Marissa Landrigan stopped eating meat for ethical reasons — and then started eating meat for ethical reasons.

For a summer job right after college in 2007, she was researching threats to California's waterways and learned that crops, including the innocent strawberry, could be grown with chemicals that endangered the environment and the people who worked the fields.

It had never before occurred to her, a hardcore vegetarian since her freshman year, that growing fruit and vegetables could be as ethically questionable as farming animals. A decade later, Landrigan, now 34 and a Pittsburgh area-based writing professor, extols the virtues of eating meat in her memoir, *The Vegetarian's Guide to Eating Meat: A Young Woman's Search for Ethical Food*, released this Friday.

"Ethical eating isn't about a black and white choice where vegetarian and vegan is always good and meat is always bad," Landrigan said in an interview. She now uses "ethical omnivore" as shorthand to describe how she eats.

"I had to decide what was more important: always boycotting meat or generally supporting the most ethical and



The strawberry could be grown with chemicals that endanger the environment and those who work in the fields, says Melissa Landrigan. TORSTAR NEWS SERVICE FILE

sustainable and humane food production I could find, which would sometimes involve livestock animals."

For many like the young Landrigan, achieving a guilt-free diet means cutting out meat, eggs and dairy in order to satiate concerns over animal welfare and the environment — research has generally shown that livestock farming is a significant contributor to greenhouse gas emissions.

In college, Landrigan dis-

avowed meat as part of a broader sense of anticorporate activism only to discover her faux chicken, veggie burgers, even organic tomato paste could still be products of an industrial food system she opposed. For example, the vegetarian Boca Burger is sold by Kraft, which makes hotdogs and deli meat from the largest pork producers in the U.S.

And there are plenty of other examples of dubious

produce.

Demand for quinoa led to overproduction and unstable crop prices for Peruvian farmers. Avocados are associated with drug cartels and deforestation in Mexico.

Water-intensive almond growing in California was partly blamed for water shortage during that state's multi-year drought. The Vietnamese nut industry has been accused of producing "blood cashews," forcing drug addicts to shell

the nuts through treatment centres doubling as labour camps. Soy crops — though mostly used for animal and chicken feed — have been linked to destruction of the Amazon rainforest.

Though meat consumption in Canada has declined or plateaued in the past four decades — per capita red meat went down nearly 40 per cent between 1980 and 2015, according to government statistics — along with the rise of

"plant-based" diets and Meatless Mondays, it's estimated only 4 per cent of Canadians do not eat animal products at all.

Landrigan tries to shop local, where her money supports her community, not a multinational conglomerate that may operate with unethical practices under some other company name — which led her to return to eating meat.

TORSTAR NEWS SERVICE

### FOOD & ETHICS

#### Tips for becoming an ethical eater

- Figure out what you care about most and shop accordingly.
- Shop local. Ideally, ethical omnivores eat only local, organic and humanely raised meat.
- If strictly vegetarian or vegan is too daunting, stick to a 'reducitarian' or 'flexitarian' diet that minimizes the amount of animal products.



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# Sometimes leasing is the way to save



When you lease a vehicle, you only pay for the vehicle's depreciation over the term of your lease. iStock

## REAL ESTATE

### Don't stretch your home-buying budget

Whether it's the sizzling real estate market or the desire for something just a little bit nicer, the temptation to stretch your home-buying budget may be tough to resist.

But there are numerous factors to take into account before making the biggest purchase of your life, even if you've qualified with your lender for more.

John DeRose, who oversees Vancity's mobile mortgage specialists, says people paying \$1,500 a month in rent can't necessarily afford a monthly mortgage of \$1,500.

"When you own a home there are extra costs, so that's why it is important to sit down and talk to somebody," he says.

The maximum amount people can spend on a home depends on the size of their down payment and two key ratios.

According to the gross debt service ratio rule, monthly housing costs — which include mortgage payments, property taxes, heating expenses and 50 per cent of any condo fees, if they apply — should not exceed 32 per cent of one's average gross monthly income.

The second rule, called the total debt service ratio, says monthly debt loads should

be no more than 40 per cent of average gross monthly income. That includes all housing costs included in the gross debt service ratio as well as other debts like car loans or leases, credit card payments and line of credit payments.

However, DeRose says those two ratios likely don't capture the full picture for many Canadians.

"Everyone's financial situation is different, so just using a calculator is not going to give you all the answers," he says.

"Everyone is in a different part of their life cycle. They have expenses that others may not have: they may have children, they may not."

Planning for the future is important because costs can fluctuate throughout life. Interest rates are near record lows now but will likely rise at some point, as will things like utility costs, property taxes and condo fees. Your pay cheque, however, may not keep pace.

There are also the costs of buying a new car, or a family situation could change. For those planning on having children, keep in mind the cost of day care in a big city can be more than \$1,000 a month.

THE CANADIAN PRESS

# 32%

According to the gross debt service ratio rule, monthly housing costs — which include mortgage payments, property taxes, heating expenses and 50 per cent of any condo fees, if they apply — should not exceed 32 per cent of one's average gross monthly income.

## ADVICE

### Like renting, leasing a car may be a good option for some

Gail Vaz-Oxlade  
For Metro Canada



A friend of mine — we'll call him Desmond — was telling me that he's in the

market for a new car.

"Paying cash, financing or leasing?" asked I, not realizing that I was about to step into a pile of poop.

"Lease..." he shouted at me, the spittle flying. "That's like dumping a whole bunch of money into a vehicle that you'll never own. It's stupid. Like renting."

Whoa now buddy, renting isn't stupid and neither is leasing, for the right person and the right reasons. (He might be considered stupid for buying a new car and taking the depreciation hit when he drives it off the lot, but I digress.) Let's

look at some facts about leasing, then, shall we?

**Fact 1:** When you lease a vehicle, you only pay for the vehicle's depreciation over the term of your lease. To figure this out, take the residual value (the estimated value of the vehicle at the end of the lease term) and subtract it from the total purchase price. This is the amount on which your payments are based, plus the lease (read interest) rate you're paying and applicable taxes.

**Fact 2:** At the end of your lease, you have the option of either buying the vehicle for

the pre-determined residual, or returning it to the dealer.

**Fact 3:** A lease will mean substantially lower monthly payments because you are not making any payments on said residual value. That can free up cash flow for other things, like paying down debt that's costing you more in interest. But you will have to come up with the residual value if you want to buy the vehicle out at the end of the lease. (Yes, you can refinance the buyout, but that's gonna cost you in interest too.)

**Fact 4:** You will pay more to lease if you assume the same purchase price, interest rates and total number of payments plus the residual value. What a lot of people don't get is that while you're leasing you pay interest on the full value of the vehicle, including the residual value. When you use financing, the amount on which interest is being calculated is reduced at a faster rate so you end up paying less.

**Fact 5:** Leasing can work out to be a cheaper option. If the interest rate on the lease is lower, or if the term of the financing is longer, the lease will be less expensive. Shop smart. If lease rates are better than financing rates because manufacturers are subsidizing their leases, you'll win on the lease.

**Fact 6:** If you are self-employed or have a company through which you are running your vehicle(s), leasing may offer a bigger tax payoff than financing.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)

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## EDUCATION

### Creative writing gets a demand boost

Some credit the rise of social media. Others attribute it to a flourishing culture of self-expression. Whatever the reason, colleges across the United States are seeing a boom in demand for courses on creative writing.

Colleges are adding writing programs to accommodate interest in what has become the rarest of fields in the humanities — a sector that is growing, rather than losing students to science and technology.

The number of schools offering bachelor's degrees in creative writing has risen from three in 1975 to 733 today, according to the Association of

Writers & Writing Programs (AWP), an industry group based at George Mason University in Fairfax, Va.

So what will these students do after graduating?

"Most of them are aware that this probably is not going to be their career. At least, I hope they're aware," said David Galef, director of the creative-writing program at Montclair State University in New Jersey. "They're interested in doing something they feel is creative."

While some will become professional writers, others will find work in fields such as public relations, advertising or some-

thing completely unrelated. Instructors say some students see their focus on writing as a way to understand themselves, make use of a liberal education and enrich their lives.

One Montclair State undergraduate, Gil Moreno, 46, enrolled years after completing another bachelor's degree, in business management, and dreams of becoming a writer. Even if he can't do it professionally, he'll keep it up on the side.

"I'm looking to get away from the business world," he said. "I'm kind of looking to live in my own separate world."

THE ASSOCIATED PRESS



Gil Moreno AP



# Don't get sued by a former employer

## LAW AND CONTRACTS

### Know your non-compete, solicitation clauses

**Genna Buck**  
Metro Canada



Self-driving car guru Anthony Levandowski spent nine years at Google. He was, in large part, the brains behind the search giant's venture into researching autonomous vehicles.

But in 2016, he ditched that gig to start a self-driving truck company, Otto trucking.

Then he turned around and sold Otto, a few months later, to Uber — the ridesharing juggernaut that stands to gain a lot from replacing its expensive human drivers with robots who never ask for a raise.

According to a lawsuit filed by Waymo, a Google subsidiary, before he left his job Levandowski downloaded more than 14,000 confidential files, then wiped his laptop to cover his tracks.

Allegedly, he brought Uber a treasure trove of information on Google's research on laser navigation.

Google invested a lot of money to gain that knowledge, and had a reasonable — and legally protected — right to keep it safe from competitors.

Situations like this are the reason that when you start a new job, you might be asked to sign a contract restricting what

you can do once you leave it.

This could take the form of a non-compete clause, which says you can't work for a direct competitor for a certain period of time in a certain place, or a non-solicitation clause, which restricts you from "poaching" clients or employees to your new workplace.

It's also why you can't share confidential information from your old employer with your new one. (That part is common sense: You can be sued for sharing a company's secrets even if there's nothing specific in your contract that says you can't).

But the situation doesn't have to be as high-profile as the Uber example for an ex-employee to end up on the wrong side of a lawsuit in Canada if they choose to leave and go to a competitor.

In this competitive landscape, workers change jobs a lot. And, especially in high-tech sectors, they may be privy to extremely valuable information. The spectre of getting sued by your former employer is more real than ever. And that can present a problem for employees who don't know their rights, according to Kumail Karimjee, an employment lawyer in Toronto who represents both workers and companies.

"People often sign contracts at the beginning of a relationship with some excitement and euphoria but not a lot of careful review," because they want to get the job and don't want to be seen as a person who makes a fuss, Karimjee said.

But unless you are, like Levandowski, a big shot like a

CEO or cofounder, non-compete clauses are almost never allowed by the courts, Karimjee explained. That's particularly true if the company has tried to sneak in a contract that's very broad, like "no working in the software industry anywhere in Canada for five years."

That's clearly not allowed, he said. But some employers will try to get you to sign off on it, anyway.

"It's all well and good for your lawyer to say, you can go ahead and work somewhere else, in my opinion it's not a valid and binding contract," Karimjee said. "That doesn't stop employers from potentially starting an action against you. For an employee, it can be a very time consuming, costly and stressful thing."

It's important to deal with such a contract issue from the very beginning, says employment lawyer Lai-King Hum. "If you see a clause that's way too general, then you want to get rid of it, or you negotiate so you limit the application of the clause," she says.

Non-solicitation clauses are a little different.

A hairdresser, for example, who has a non-solicitation agreement can't tell everyone who sits in her chair that she's leaving the company soon and ask them to move their business to the new and better salon down the street.

Her clients or coworkers are free to jump ship and join her if they want, but she can't actively entice them away.

The key thing to understand, Karimjee said, is that the law is generally on the



In a lawsuit against Uber, self-driving car guru Anthony Levandowski is accused by Waymo, a Google subsidiary, of allegedly downloading confidential information before he left. But you don't have to be a big shot to end up on the wrong side of a lawsuit. AP FILE PHOTO

workers' side: People are, as a rule, free to change jobs and make a living how they please. The onus is on the employer to show the employee actually

hurt them by poaching people or information.

It's good idea to seek legal advice if you're asked to sign an overly broad contract, he

added.

Finally, Karimjee explained, employers may not launch these kinds of suits to save their financial bacon — but rather to settle a personal beef.

"A feeling of hurt may be driving it: 'This person burned us. We trusted this person.' And sometimes that emotion may have a greater impact on the decision-making than the refined legal analysis provided by the company's lawyer."

**“People often sign contracts at the beginning of a relationship with some excitement ... but not a lot of careful review.”**

Kumail Karimjee

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**JOHANNA SCHNELLER WHAT I'M WATCHING**

## The right photograph can stretch our souls

**THE SHOW:** Kylie Jenner's Pepsi commercial  
**THE MOMENT:** The appropriation

Though Pepsi pulled the ad almost immediately, to see it was to hate it. A "protest" march populated exclusively by young, beautiful people. They're not actually protesting anything; it's protest as a lifestyle choice. Still, it pulls Kylie Jenner from her photo shoot. She tugs off her blonde wig, cracks open a Pepsi and hands it to a cop. He drinks. Deliriously, the crowd cheers.

The social media smackdown was immediate and fierce. The Day-of-the-Multicultural-Zombie vibe was loathsome enough. But

what rightly incensed people was that Jenner squaring off with the cop appropriated the now-iconic image, shot by Reuters photographer Jonathan Bachman, of Ieshia Evans, the nurse in the floaty dress who stood calmly as police in riot gear rushed to arrest her at a Black Lives Matter protest in Baton Rouge.

I'm heartened that the public called out a multinational on its stupidity. But I'm also moved by something else: the enduring power of the still photograph.

Humankind is awash in imagery — moving billboards, YouTube videos, gifs, cable channels, streaming sites. People will

shoot 1.2 trillion digital photos this year. That a single image can still arise from that stew and grab our hearts is almost miraculous.

A brilliant photograph does something we can't do anywhere else in life: It stops time. It arrests the flow of moments, and permits us to study one in depth, from all angles. It's a gift. It stretches our souls. The vitriol against Pepsi for demeaning that proves how essential — and worth defending — it is.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



## NBA IN BRIEF

**Raptors clinch at least top-three seed in East**  
DeMar DeRozan scored 35 points and the Toronto Raptors wrapped up at least the No. 3 seed in the Eastern Conference with a 110-97 victory over the New York Knicks on Sunday.

The Raptors pulled away in the fourth quarter to reach 50 victories for the second straight season. They can still finish second if they beat Cleveland in their regular-season finale and Boston loses its final two.

THE ASSOCIATED PRESS

## Westbrook sets triple-double record in style

Russell Westbrook broke Oscar Robertson's 56-year-old record with his 42nd triple-double of the season Sunday, then he broke the Denver Nuggets' hearts with a buzzer-beating three-pointer for a 106-105 victory.

That eliminated the Nuggets from playoff contention.

Westbrook had 50 points, 15 rebounds and 10 assists in breaking Robertson's record of 41 triple-doubles that stood since the 1961-62 season.

THE ASSOCIATED PRESS



**Russell Westbrook**  
GETTY IMAGES

# Maple Leafs fall flat with lead in finale

NHL

## Loss puts Buds in first-round playoff pairing with Capitals

There will be no Battle of Ontario in the first round of the NHL playoffs.

The Toronto Maple Leafs dropped their regular-season finale 3-2 to the Columbus Blue Jackets Sunday night and will now face the Washington Capitals in the opening round of their first post-season since 2013.

James van Riemsdyk scored a pair in defeat and Curtis McElhinney made 29 saves for Toronto, a 2-0 lead melting away in a porous second period.

Matt Calvert, Josh Anderson and Cam Atkinson scored in the comeback for Columbus. Joonas Korpisalo stopped 30 of 32 shots to earn the win for the Jackets, who are set for a first-round matchup against Pittsburgh.

Had they earned even a point, the Leafs would have faced the Ottawa Senators in the first round, but instead get the Presidents' Trophy-winning Capitals.

Toronto has never faced Washington in the post-season before — the two teams were



**Scott Harrington of the Blue Jackets checks the Maple Leafs' Zach Hyman into the boards on Sunday.** CARLOS OSORIO/TORSTAR NEWS SERVICE

## SUNDAY In Toronto

3	2
JACKETS	LEAFS

in different conferences for a long stretch — and they'll be heavy underdogs the first time around. The Capitals had the NHL's best regular-season record for the second straight sea-

son, loaded at every position as they bid for a first Stanley Cup.

There's Alex Ovechkin, Nicklas Backstrom, Evgeny Kuznetsov and T.J. Oshie to tangle with up front, Kevin Shattenkirk and John Carlson to cause problems on a deep back end and Braden Holtby, the reigning Vezina trophy winner, to beat between the pipes.

The Leafs went 1-1-1 against the Caps in the regular season. Easily the biggest question

mark for the Leafs heading in is the health of No. 1 starter Frederik Andersen. The 27-year-old sat out Sunday's game after exiting a playoff-clinching tilt with Pittsburgh one night earlier following a hit to the head from Penguins forward Tom Sestito.

Babcock said Andersen suffered no concussion symptoms from the hit and would be ready for the start of the post-season. THE CANADIAN PRESS

MASTERS

## Garcia seizes green jacket

Sergio Garcia finally showed he has what it takes to win a major, and he has a green jacket to prove it.

Needing his best golf on just about every shot in the final hour at the Masters, Garcia overcame a two-shot deficit with six holes to play and beat Justin Rose in a sudden-death playoff Sunday for his first major after nearly two decades of heartache.

No one ever played more majors as a pro — 70 — before winning a major for the first time.

Garcia got rid of the demons and the doubts with two big moments on the par 5s — one a par, the other an eagle — in closing with a 3-under 69. It was never easy until the end, when Rose sent his drive into the trees on the 18th hole in the playoff, punched out and failed to save par from 15 feet.

That gave the 37-year-old Spaniard two putts from 12 feet for the victory, but he only needed one as his putt swirled into the cup. THE ASSOCIATED PRESS



**Sergio Garcia** GETTY IMAGES

MLB

## Souza powers Rays over stumbling Jays

Steven Souza Jr. hit a three-run homer and was involved in a scrum after a slide during the Tampa Bay Rays' 7-2 victory over the Toronto Blue Jays on Sunday.

Corey Dickerson and Jesus Sucre also homered, and Jake Odorizzi (1-1) went six effective innings for the Rays, who took three of four from Toronto.

Toronto got a home run from Josh Donaldson, who left after grounding out in the sixth with right calf tightness, but dropped to 1-5. THE ASSOCIATED PRESS



**Steven Souza Jr., right, exchanges words with Blue Jays shortstop Troy Tulowitzki on Sunday.** GETTY IMAGES

## IN BRIEF

### Hinchcliff back on top of IndyCar podium

Canada's James Hinchcliff raced to his first victory since his near-fatal accident in 2015 by hanging on for a three-lap shootout to the finish Sunday on the streets of Long Beach.

Hinchcliff had two strong late restarts to win in a Honda for Schmidt-Peterson Motorsports. The Oakville, Ont., native nearly bled to death in an accident during practice for the Indianapolis 500 two years ago. THE ASSOCIATED PRESS

### Canadian women handed loss with late German goal

Linda Dallman's 86th-minute goal gave Olympic champion Germany a 2-1 win over Canada in a women's soccer friendly Sunday in Erfurt, Germany.

Deanne Rose scored in the 39th minute for fifth-ranked Canada, which probably deserved a better fate against the top-ranked women's side in the world. Germany went ahead in the 15th minute on an error by goalkeeper Kailen Sheridan. THE CANADIAN PRESS

WORLD CUP

## Canada's joint bid on for real: Source

A person familiar with the decision says the United States, Mexico and Canada are going to announce a joint bid for the 2026 World Cup on Monday.

The Confederation of North and Central America and Caribbean Association Football is moving ahead with the bid that was widely expected before Donald Trump was elected president. There has been concern the plan was unworkable under Trump's anti-immigrant policies, but even if he serves a second term Trump

## N. AMERICA

CONCACAF has not hosted the World Cup since the tournament was played at nine U.S. venues in 1994.

would not be president in 2026.

The confederation made the final decision to go-ahead with the bid at its meeting Saturday in Aruba, the person said.

THE ASSOCIATED PRESS



# Easter Church Service Directory - April 10<sup>th</sup> to 16<sup>th</sup>



**Easter**  
**CELEBRATION**  
**SUNDAY**



**April 16th - 10 am**  
**Dartmouth Crossing Cineplex**

free continental breakfast @ 9:30am  
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**Lead into Easter at**  
**St. Matthew's United Church**  
**EVERYONE WELCOME!**

**Maundy Thursday - April 13th**  
**5:30 pm • Pot Luck Seder Meal**

**Good Friday - April 14th**  
**7:30 pm • Choral Service**

**Easter Sunday - April 16th**  
**7:00 am • Sunrise Service**  
Light Breakfast

**10:30 am • Celebration Service**  
Church Choir; Symphony Brass,  
Communion; Sing-along  
Hallelujah Chorus

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**Holy Week & Easter 2017**

**Holy Monday & Tuesday, 10 & 11 April**  
7:00pm Choral Holy Communion  
Guest Preacher: Dr. David Butorac

**Holy Wednesday, 12 April**  
7:00pm Tenebrae Music: *Miserere Mei (Allegri)*

**Maundy Thursday, 13 April**  
7:00pm Choral Holy Communion with foot-washing  
Guest Preacher: Fr. Jim McCorriston

**Good Friday, 14 April**  
10:00am Stations of the Cross (especially suitable for children and families)  
12:00pm Three-hour service with Meditations by Dr Roberta Barker and the Music of Blow, Byrd, Dering, Gibbons, Lotti, Schein, Sweelinck & John IV of Portugal

**Holy Saturday, 15 April**  
10:30pm Easter Vigil and the First Mass of Easter

**Easter Sunday, 16 April**  
8:00am Said Holy Communion  
10:30am Choral Holy Communion

**St. George's Anglican Church**  
2222 Brunswick St  
Halifax

Priest-in-Charge:  
The Rev'd Canon  
James Purchase

St. George's  
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[www.roundchurch.ca](http://www.roundchurch.ca)



**First Baptist Church Halifax**  
**Holy Week & Easter '17**  
1300 Oxford St., Near South, fbchalifax.ca

**Palm / Passion Sunday, April 9 • 10:30 am**  
*Ride On - Rev. Lynn Uzans*

**Ecumenical Services • 7:30 am**  
**Continental Breakfast • 8:00 am**

**April 10 - Cathedral Church of All Saints**  
**April 11 - St. John's United**  
**April 12 - St. Mary's Basilica**  
**April 13 - St. Andrew's United**

**Maundy Thursday, April 13 • 7:00 pm**  
Communion and Tenebrae

**Good Friday Service, April 14 • 10:30 am**  
**Joint Service - Who is Being Crucified Today?**

**Easter Sunday, April 16**  
**6:20 am - Sunrise Service, Black Rock Beach**  
**10:30 am - Communion**  
*There You Will See Him - Rev. Lynn Uzans*

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**Holy Week Morning Services at the Conservatory**  
April 10, 12 & 13 • Room 4 • 7:45 am  
Tuesday, April 11 • Lillian Piercey Hall • 7:30 am

**Maundy Thursday Service at the Conservatory**  
Thursday, April 13 • Lillian Piercey Hall • 7:00pm

**Ecumenical Good Friday Service**  
Friday, April 14 • First Baptist Church • 10:30am

**Easter Sunday Service with Communion**  
Sunday, April 16 • 10:30am



**Saint Patrick's Church**  
**Holy Week Schedule**  
**April 11th to 16th**

**Tuesday, April 11th: Concert Vesuvius Chamber Choir performs at 8:00 pm to present early music masterworks, accompanied by John Overton and the Vesuvius Consort.**

**Tickets: \$15 (student/senior/underemployed) and \$20 at the door**

**Maundy (Holy) Thursday, Mass, 7:30 pm**  
**Good Friday (Passion of the Lord) service at 3:00 pm**  
**Holy Saturday (Easter Vigil), Mass at 8:00 pm**  
**Easter Sunday, (Resurrection of the Lord), Mass at 10:00 am**

**2263 Brunswick St, Halifax • 902-429-1300**



# Easter Church Service Directory - April 10<sup>th</sup> to 16<sup>th</sup>



## Grace United *Transforming Lives*

**Good Friday, April 14th**  
**10 am • Ecumenical Service**  
Victoria Road Baptist Church

**Easter Sunday, April 16th**  
**8 am • Sunrise Service** Ferry Terminal Park  
**8:30 am • Easter Breakfast at Grace**  
Lower Hall, All Welcome  
**11 am • Easter Worship Service**  
With Holy Communion

Ochterloney & King St, Dartmouth • 902-466-3329 • [gracedartmouth.ca](http://gracedartmouth.ca)  
Minister: Rev. Stephen Fram • Intern: Mary Jo Harrison • Director of Music: Malcolm Bradley

## Church of the Resurrection

Anglican Network in Canada

### EASTER SERVICES

Maundy Thursday (HC)	7:00pm
Good Friday (Solemn Svc)	9:00am
Easter Sunday (HC)	10:30am



Anglican Network  
in Canada

40 Dorothy Cres.  
Timberlea  
902-404-6250

## Holy Week at the King's College Chapel

*April 10-16*

### *Holy Monday*

Evensong 4:45PM  
Choral Eucharist 5:00PM  
Compline 9:30PM

### *Holy Tuesday*

Evensong 4:45PM  
Choral Eucharist, sung by Capella Regalis Men  
and Boy's Choir 5:00PM

### *Holy Wednesday*

Evensong 4:45PM  
Choral Eucharist 5:00PM  
Tenebrae at the Cathedral Church of All Saints  
9:00PM

### *Maundy Thursday*

Evensong 4:45PM  
Foot washing & the Last Supper 5:00PM  
with the Translation of the Sacrament and All  
Night Vigil at the Altar of Repose

### *Good Friday*

Morning Prayer & Holy Communion 7:00AM  
Synaxis, Solemn Intercessions & Veneration of  
the Cross 10:00AM

### *Holy Saturday*

The Great Vigil of Easter &  
The First Mass of Easter 11:00PM  
followed by the Feast of the Resurrection

6350 Coburg Rd.

[www.kingschapel.ca/holyweek](http://www.kingschapel.ca/holyweek)

## SAINT MARY'S CATHEDRAL BASILICA HOLY WEEK MASS SCHEDULE

**Tuesday, April 11th**  
Mass of Chrism • 12:00 pm  
(5:15pm Daily Mass)

**Holy Thursday, April 13th**  
Mass of the Lord's Supper • 7:00 pm

**Good Friday, April 14th**  
Passion of our Lord • 3:00 pm

**Holy Saturday, April 15th**  
Easter Vigil • 8:00 pm

**Easter Sunday, April 16th**  
7:30 am, 10:30 am and 5:00 pm

*There will not be any other masses or  
services from Holy Thursday to Easter Sunday  
other than those stated above.*



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## EASTER SEASON @ NEW BEGINNINGS

APRIL 12<sup>TH</sup> @ 7PM  
7 LAST WORDS OF JESUS

APRIL 16<sup>TH</sup>  
C.P.R. 'CODE YELLOW: MISSING PERSON'  
10AM @ CHERRY BROOK  
10:30AM @ NORTH DARTMOUTH



THE PRESBYTERIAN CHURCH  
OF SAINT DAVID  
1544 Grafton Street, Halifax

**EASTER SUNDAY, APRIL 16<sup>th</sup>**  
9:00 am  
Worship followed by Breakfast  
11:00 am  
Traditional Worship  
with Communion



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MAKE IT TODAY

# Lovely Pinkie Pie Smoothie



PHOTO: MAYA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

We don't generally give cute names to our drinks but the sweetness of the strawberries, immunity boost from the coconut oil and protein in the greek yogurt make us love this smoothie enough to give it a special term of endearment.

**Ready in 2 minutes**  
Prep time: 2 minutes  
Serves 2

**Ingredients**

- 3/4 cup plain Greek yogurt
- 1 frozen banana, peeled, cut into chunks
- 1 cup strawberries, stems removed, roughly chopped
- 1/4 cup milk
- 2 tsp honey
- 1/4 tsp flax oil
- 1 Tbsp coconut oil
- 4 or 5 ice cubes

**Directions**

1. Place all ingredients in a blender and purée until smooth.

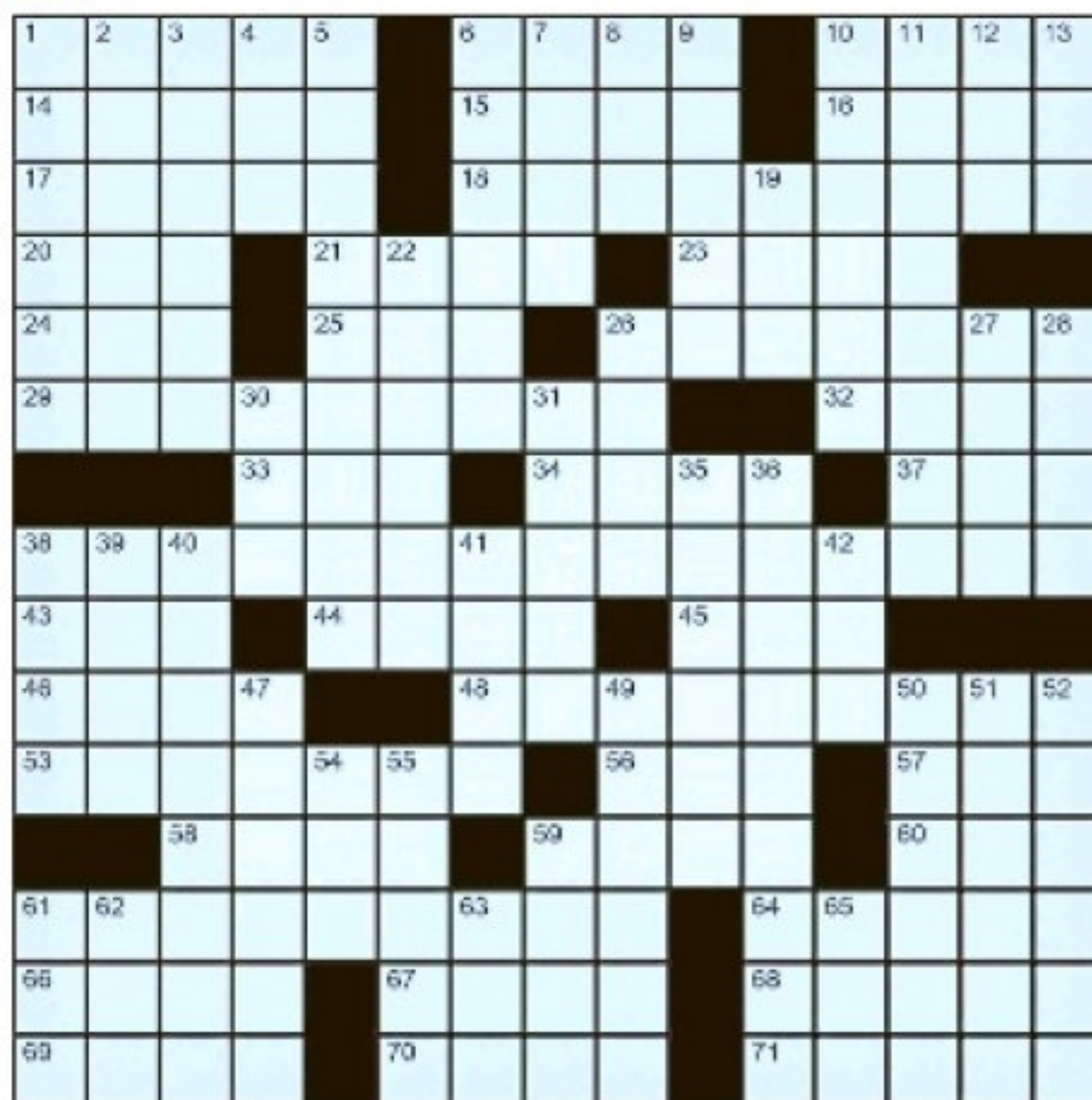
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. Lovely lily
6. Workout venues
10. Flee
14. "He's \_\_\_ Nowhere Man..." - The Beatles
15. Nothing, in Montreal
16. Brit's bye-bye
17. Fishing net
18. Starter in Italian cuisine
20. 'Neat' suffix (Really tidy person)
21. Fine pursuits
23. Bible-style verb
24. 'Select' suffix
25. Mai \_\_\_ (Cocktail)
26. Missionaries in early Canada like Jean de Brebeuf (b.1593 - d.1649)
29. Luminary
32. Breeze
33. Simon Garfunkel link
34. Mr. Stoltz
37. "\_\_\_ Town": Song by #38-Across
38. 'Till the Wheels Come Off' is this Canadian band's debut album: 3 wds.
43. 'Street' in Sherbrooke
44. Young hawk
45. Light switch position
46. Ancient Egyptian goddess
48. Make stronger
53. Groom's greatest guy: 2 wds.
56. Neckwear piece
57. Street for Freddy of movies
58. River of Russia
59. Walk worriedly
60. Taxi



61. Law office professional
64. 1871 premiere city of Aida
66. Comply with the instructions
67. Ms. Gilpin of "Frasier"
68. Officiated a baseball game

69. Seal herds
70. Olympian queen
71. Saint's trait

**DOWN**

1. Meower attractor
2. Get there
3. One giving secret info to the press

4. Court concern
5. Whitney Houston hit: 3 wds.
6. Dei \_\_\_ Regina (By the grace of God, the Queen)
7. Yangs counterparts
8. Converged
9. Sneering

10. Married or single, for example
11. Capitalize: 3 wds.
12. Affixed, abbreviated
13. Spiritual 'way'
19. Negative opposite, briefly
22. What the has-

- no-more-water well did: 2 wds.
26. Mean man
27. Stretched tight
28. Nimble
30. Downcast
31. V-formation Canadian fliers
35. Well-known, as symbols
36. Mug: 2 wds.
38. Hip-Hop house
39. River of England
40. Idled
41. Get a paycheck
42. ET's craft
47. Wanders
49. Roma's realm
50. Food Network Canada creation
51. Purplish-red
52. Incarnate
54. Seasickness, \_\_\_ de mer
55. Hebrew alphabet's first letter
59. Henry VIII's sixth/last wife Catherine
61. Coke or Pepsi
62. Blood-typing letters
63. "\_\_\_ whiz!"
65. Pierre's friend

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
It's a mixed bag when it comes to dealing with partners and close friends today. Earlier in the day, all is sweetness and light but later, intense emotions create power struggles.

**Taurus** April 21 - May 21  
Be careful not to promise more than you can deliver at work today, because later, someone will hold you accountable. Be reasonable and realistic.

**Gemini** May 22 - June 21  
This is a feel-good day! Enjoy movies, musical performances, sports events and social outings, especially playful times with children. Be patient late in the day when tempers are testy.

**Cancer** June 22 - July 23  
This is a good day for a family gettogether. It's also a good day to explore real-estate possibilities or ways to improve your home. Avoid family arguments late in the day.

**Leo** July 24 - Aug. 23  
Your enthusiasm for something will inspire others around you. However, it might put you at odds with someone later in the day. Easy does it.

**Virgo** Aug. 24 - Sept. 23  
This is a good day to make money. It's an excellent day for business. Later today, the breakdown of machinery or a power struggle with someone could create problems.

**Libra** Sept. 24 - Oct. 23  
Today the Moon is lined up with your sign, which makes you sympathetic and generous. You wish the best for someone and are willing to help. Avoid arguments later in the day.

**Scorpio** Oct. 24 - Nov. 22  
Basically, this is a feel-good day for you! You feel sympathetic toward someone and are willing to put this person's wants and needs before your own. (This is noble.)

**Sagittarius** Nov. 23 - Dec. 21  
You will find it easy to be with friends, especially members of groups, because you are warm and sympathetic to everyone. Furthermore, you feel you are all working for a common cause.

**Capricorn** Dec. 22 - Jan. 20  
You look good in the eyes of others today. Bosses, parents and VIPs admire you. Nevertheless, avoid arguments late in the day. Just zip thy lip.

**Aquarius** Jan. 21 - Feb. 19  
Travel plans are exciting. You might also be stoked about opportunities in publishing, the media, medicine, the law and higher education. You rock!

**Pisces** Feb. 20 - March 20  
This is a good day to settle differences and discuss wills, inheritances and shared property. However, avoid power struggles later in the day.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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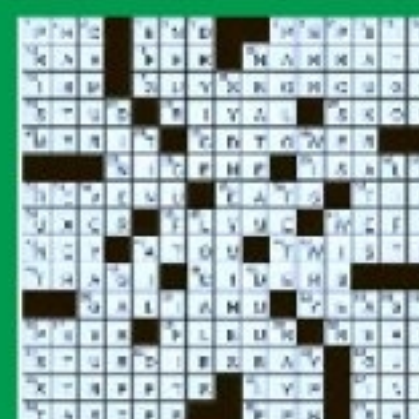
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## FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	4	7	5	8	3	9	2	6
5	6	9	2	1	7	3	4	8
2	3	8	9	4	6	5	7	1
4	8	6	1	5	2	7	9	3
3	7	1	6	9	4	8	5	2
9	5	2	7	3	8	6	1	4
6	9	5	8	2	1	4	3	7
7	1	4	3	6	5	2	8	9
8	2	3	4	7	9	1	6	5



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